

Do YOU/CAN YOU

Do THIS?

SHORT WELLNESS SELF-  
CHECKS

**Do you have back pain when you walk? If you do try Walking Briskly and Try These Walking Techniques by S. McGill a world leader in Back Care**



1. Maintain an upright posture which embraces a pain free stance. This can be achieved by proper “stacking” of your spine over your hips. Adjusting the tilt of your hips either forward or back should give you a sweet spot you can resort back to if you feel your posture gets out of line. Your chest should be high and your head and neck should be straight over your shoulders and not leaning forward.
2. Gently engage your abdominals without gripping excessively. DO NOT hold your abdominal muscles stiff like you would with a plank or you will risk ruining the movement.
3. Start in one spot doing “marching steps”. With this you’re establishing a strong walking movement with your knees coming up slightly higher than they would if you were walking normal.
4. Start walking with your arms swinging at the shoulders not just the elbows.
5. Progress with larger and faster steps until you can maintain a pace that looks like you are trying to get somewhere in a hurry. You still want to maintain good posture and control. Controlled yet aggressive.

**Self-checks: Solving problems before they happen.**